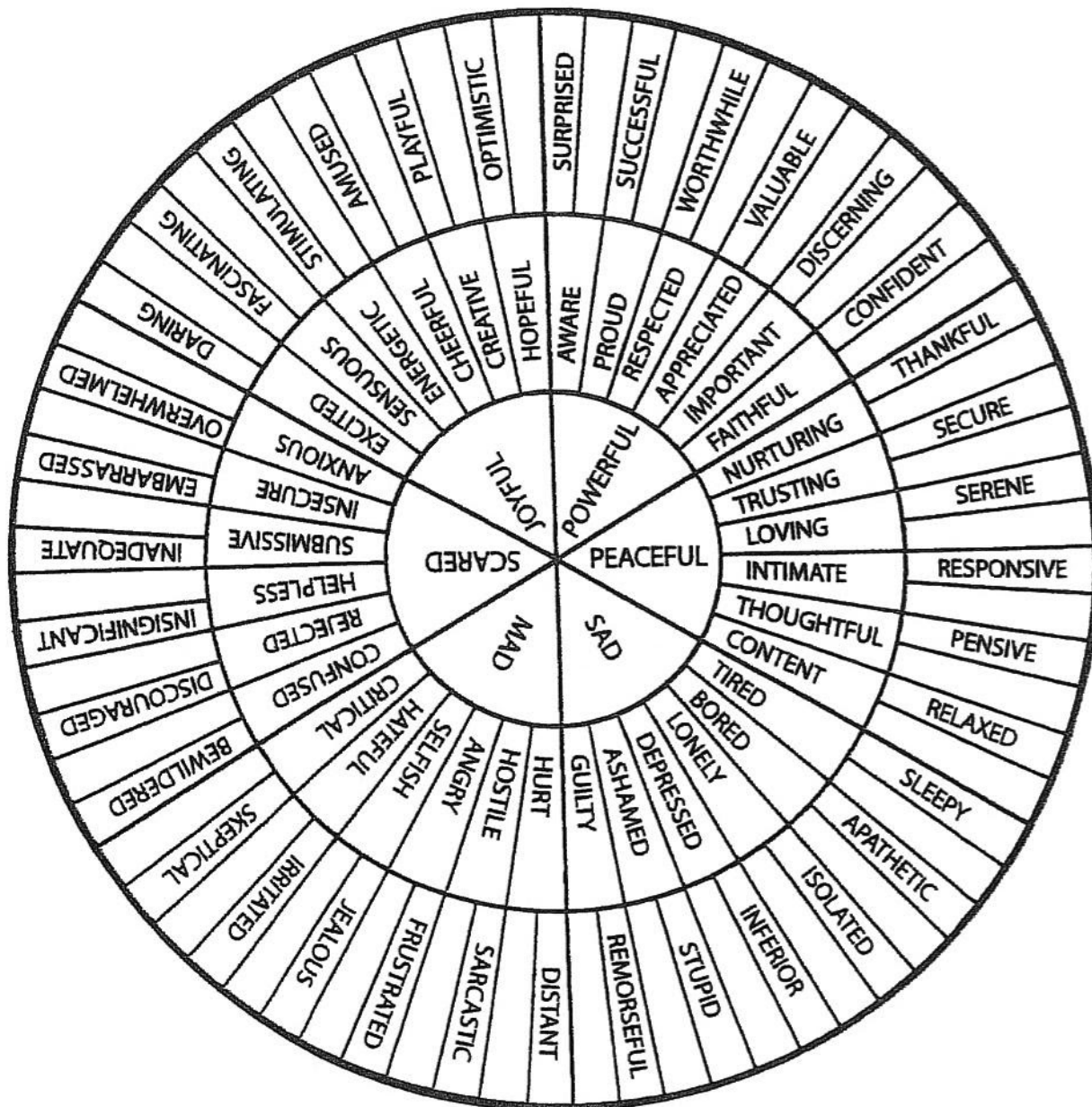


## Taking the Group Temperature with the Emotions Wheel



- Does the group or an individual need to be invited to Faith in waiting or Faith in Action?
- Does someone need to be redressed?

- Is someone figuratively on 'The Mat' and plans for today's meeting need to be adjusted?

## FAITH AND ACTION OR FAITH AND WAITING

### Questions That Invite to Faith and Action:

What is required of you to accomplish this?  
 What are you most afraid this will mean for you?  
 What is keeping you from making this change?  
 What is hard to let go of at this time?  
 What are your next actions on this?  
 Who might you need to walk with you in this?  
 What could love look like in this situation?  
 What specific pain or discomfort are you hoping to avoid?

### Questions That Invite to Faith and Waiting:

What promises are yours in Christ?  
 What promises are hard to apply in this situation?  
 What are you afraid will fall apart or cease to happen if you wait?  
 What does waiting for God to move look like in this situation?  
 How would holding onto hope in Christ affect your responses?  
 What could love look like in this situation?  
 What specific pain or discomfort is tempting you to movement?

**In faith**, we can trust God as we **wait** and we can trust God as we **act**.

**In faith**, we can **act** with courage and we can **wait** with courage.

**In faith**, we can love by **waiting** and we can love by **acting**.

## REDRESSING

Covering Shame with Grace	Validating Pain with Empathy	Affirming Dignity with Truth
<b>Affirm</b> <ul style="list-style-type: none"> <li>◆ Use words to move towards the person who just shared.</li> <li>◆ Maintain eye contact.</li> <li>◆ Remember the power of warm or wet eyes.</li> </ul>	<b>Affirm</b> <ul style="list-style-type: none"> <li>◆ Ask yourself, "What does this person need from me at this point? How can I show her I still respect her?"</li> <li>◆ Focus on her story.</li> <li>◆ Be aware of her tears.</li> </ul> <b>Avoid</b>	<b>Affirm</b> <ul style="list-style-type: none"> <li>◆ Give the comfort and grace Christ gives.</li> <li>◆ Give what you hear and see and know to be true: ex: <i>I see great strength in you as you tell your story.</i></li> </ul> <b>Avoid</b> <ul style="list-style-type: none"> <li>◆ Preaching</li> </ul>

<b>Avoid</b> ♦ Formulating your response while listening ♦ Saying nothing ♦ Speaking to everything in her story ♦ Asking questions	♦ Drawing attention to yourself or your own story ♦ Processing her story ♦ Telling her how she should feel ♦ Saying, "Its okay." ♦ Getting her to stop crying	♦ Quoting verses ♦ Fixing ♦ Giving pat answers
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